



Boot Camp for Kids



5th ANNUAL

This is an exciting opportunity for your child to learn about military customs, physical fitness, citizenship and nutrition.

Camp is for boys and girls ages 5-12

Camp will be located in the Meridian Community Center: 105 Generation Blvd. Loganville, Ga. 30052

ABOUT THE INSTRUCTORS: Christopher Diaz is a 20 year Army Veteran and former Basic Training Drill Sgt. & Master Fitness Trainer. SFC Diaz is also a JROTC instructor and Junior Leadership Corp. instructor. Emily Diaz is an Army Veteran and Certified Personal Trainer & Aerobics Instructor. Additional information can be found at www.getscuffedup.com under "Boot Camp for Kids". For further information, email getscuffedup@hotmail.com

CAMP DETAILS: Each day children will conduct training in many important areas.

- Basic Physical Fitness (dress appropriately and bring water bottle)
- Drill and Ceremony (learning military style commands and marching techniques)
- Proper nutrition for healthy living
- An Army Value will be taught each day. (Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, Personal Courage)
- A special Award Ceremony for participants will be on Friday @11:30. Parents are encouraged to come and see what the campers have learned!

Camp Cost: \$65 for the week per child.

Camp Dates and Times: June 13th-17th

Time is 9:00AM-12 (campers may be dropped off between 8:30AM-9:00AM)

(Pre-registration is strongly encouraged to ensure space is available.)



Registration

Child: _____ Age _____ Grade _____

Parent: _____ Contact Phone Number: _____

Email Address _____

School _____

Boot Camp for Kids T-shirts can be purchased for \$10 per child. (optional)

T-Shirt Size (Circle One) YOUTH SMALL MEDIUM LARGE X-LARGE

Mail Pre-Registration email to getscuffedup@hotmail.com Or drop off at the Meridian Community Center.

ALL PAYMENTS WILL BE REQUIRED ON THE FIRST DAY OF CAMP. Cash or Check only.